


GROUP EXERCISE FLOOR MAINTENANCE RELOCATION SCHEDULE

Thursday, September 9 beginning at 5:30pm through Friday, September 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron North end of the Track	5:30 - 6:30 am Body Pump Amy P			5:30 - 5:55 am Tabata Cardio Conditioning Express Amy K	8:00 - 8:50 am BodyCombat Amy C
8:30 - 9:20 am Triple Threat Amy R			8:30 - 9:20 am BodyCombat Amy R	Held outside weather permitting	9:00 - 10:00 am Body Pump Victor
	8:00 - 8:55 am MyZone HIIT Lora	9:00 - 9:25 am Core Conditioning Lora		8:30 - 9:25 am Triple Threat Gemma	
9:30 - 10:20 am Barre Fusion Janine	9:10 - 10:00 am Just Dance Lesley C	9:30 - 10:30 am Simply Strength Lora	9:30 - 10:20 am Barre Fusion Janine	9:30 - 10:25 am Just Dance Lesley C	SUNDAY
10:30 - 11:20 pm (AOA) Heart Plus Toning Kris	10:15 - 11:15 am Body Pump Amy R		10:30 - 11:30 am Body Pump Amy C	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:30 - 10:20 am Strength & Core Susan E
		11:30 - 12:30 pm Balance & Stability Fabian (AOA)		11:15 - 12:15 pm (AOA) Heart Plus Toning Werner	(AOA) Active Older Adult
5:30 - 6:30 pm Body Pump Victor	5:30 - 6:20 pm Barre Fusion Janine		5:35 - 6:25 pm Barre Fusion Lisa		CODES: FitKids  Banquet Room  Track 

Thursday, September 9 @ 5:30pm – Thursday, September 16
The Main Studio floor will be refinished so classes will either be held on the track, in Fitkids or the banquet room.